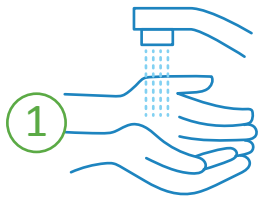


TAKE 20 SECONDS

TO HELP PREVENT THE
SPREAD OF COVID-19

PRACTICE PROPER HAND HYGIENE



WET

hands with clean
running water
and apply soap



LATHER

the backs of hands,
between fingers
and under nails



SCRUB

for at least 20
seconds



RINSE

hands well
under clean
running water



DRY

hands using a
clean towel or
air dryer



IF SOAP AND WATER ARE NOT AVAILABLE

use an alcohol-based hand sanitiser that contains at least 60% alcohol